

So, you already know that regular physical activity does great things for your health and well being. But isn't getting started the hardest part?

Just once around the East End Complex is a 1/2 mile, and around the State Capitol is 1 mile!

Once a day around the block! You can do it! Do it with your friends!

Remember, cross at the corners, no jaywalking, and look left, right, and left again.

LEGEND



WALK PATH



PARKING



ATM



SHOWERS



POLICE



AUDITORIUM



www.dhs.ca.gov



State Capitol Park

- Tour Public Art & Memorials!
- Watch the birds & squirrels!
- Smell the Rose Garden!

Building 171
1501 Capitol Ave.



Building 173
1615 Capitol Ave.



Outdoor Ampitheater Great Place for Lunch!

Building 172
1500 Capitol Ave.



Building 174
1616 Capitol Ave.



Building 225



14th STREET

15th STREET

16th STREET

17th STREET



L STREET

CAPITOL AVENUE



N STREET

Capitol Area East End Complex

